



2005 Florida Senior Circuit

Fort Lauderdale Aquatic Complex
Fort Lauderdale, Florida
May 27-29, 2005

SANCTIONED BY: Florida Gold Coast LSC of United States Swimming, Inc. *Sanction # FG052705SR*

SPONSORED BY: Fort Lauderdale Aquatics and the City of Fort Lauderdale

| TIME: | | | <u>WARM UP</u> | <u>START</u> |
|-------|------------|----------|----------------|--------------|
| | Session 1: | Friday | 4:30 PM | 6:00 PM |
| | Session 2: | Saturday | 7:30 AM | 9:00 AM |
| | Session 3: | Saturday | 3:30 PM | 4:30 PM |
| | Session 4: | Sunday | 8:00 AM | 9:30 AM |

NOTE: All sessions are timed finals.

FACILITY: Two - 10 lane, 50 meter pools. Each pool has Colorado timing and separate scoreboard. Two courses can be run if meet size dictates.

ELIGIBILITY: Open to all 2005 registered USA Swimming swimmers & foreign athletes that have been invited by USA Swimming, who achieve an the time standards for the events entered.

REFEREE: Jay Thomas - Florida Gold Coast.

ENTRY: **THE FGC DECK SEED & SCRATCH POLICIES WILL BE IN EFFECT.**
Policies can be seen at www.fgcswim.org

Electronic Entries - Wednesday, May 18, 2005. Entries will be accepted via electronic mail attachment to Duffy Dillon ddillon@FLAswim.com or via mailed 1.44mb disk. Entries must be in a Zipped Hy-Tek Meet Entry file or USA Swimming SDIF format. Free text e-mail entries will not be accepted. For e-mail and disk entries, **RELAY ONLY** swimmers must be pre-loaded into relays or be annotated as relay only in the body of the e-mail - List swimmer, sex, age, USA Swimming #. Event # not required. List all attending coaches and contact phone numbers in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hrs. after receipt of file. All entry fees must be paid before the start of the first event.

Mailed (non-Electronic) Entries - Entries will be submitted on the enclosed master entry form, which also serves as proof of entry. **UNATTACHED** swimmers must be annotated as such on the entry form. **RELAY ONLY** swimmers must be listed as such on the master entry form. The current USA Swimming number of each swimmer must be listed on the master entry form. **NO FAX ENTRIES.**

NOTE: Swimmers without registration numbers or birth dates will not be entered.

- LODGING:** Available on-line at www.fortlauderdale.gov/flac Click on Hotel-Lodging link.
- SEEDING:** Enter in long course, 50-meters times only. Swimmers meeting the yards qualifying time need to enter at the long course meters cut.
- CHECK-IN:** The 400 FR, 400 IM, and 800 FR and all relays will be positive check-in events. Check-in will close 30 minutes before the beginning of each session.
- 50 FL, 50 BA, 50 BR:** These events are for swimmers ages 13 & Over only.
- ENTRY LIMIT:** Limit 3 individual events per session (5 total on Saturday per USA Swimming rules) plus relays. No limit in the number of relay entries per team.
- DEADLINE:** **All entries must be received by Wednesday, May 18, 2005.**
*****NO FAX ENTRIES*****
Paper entries, disks & checks to: E-mail entries to:
Fort Lauderdale Aquatics ddillon@FLAswim.com
501 Seabreeze Blvd.
Fort Lauderdale, FL 33316
- ENTRY FEES:** \$3 per SWIMMER, \$3 per INDIVIDUAL EVENT, \$6 per RELAY EVENT
Make checks payable to: Fort Lauderdale Aquatics
***** Note: One Check per Team*****
ENTRY FEES FOR EVENTS NOT ENTERED IN HY-TEK OR SDIF FILE ARE DOUBLE: \$6 PER INDIVIDUAL EVENT, \$12 PER RELAY EVENT
- SCORING:** 11-9-8-7-6-5-4-3-2-1. All relays score double.
- AWARDS:** Individual: Medals 1-3
Individual High Point Awards for top 3 women and men.
Team: Plaques for 1-3 in Combined teams.
- ADMISSION:** \$2.00 per session **HEAT SHEETS:** \$2.00 per session

Meet management reserves the right with the approval of the FG Senior Chairman to adjust logistics in order to run an efficient meet.

FOR ADDITIONAL INFORMATION CALL the FLA OFFICE at 954-468-5590

- For hotel-lodging information go to the City of Fort Lauderdale website at www.fortlauderdale.gov/flac and click on link.

NEED SHADE FOR THE EVENT?

Contact: Rose Marie, Diane or Lori at

Tents 'N Events

(954) 979-7456

You **must** notify the Aquatic Complex at (954) 828-4579 if you reserve a tent. Space is at a premium around the pool deck and placement **must** be determined prior to your arrival at the facility to handle everyone's needs.



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TEAM INFORMATION and FINANCIAL RECAP (for teams not entering electronically)

Team Name _____ CODE _____

Address _____

City _____ State/Prov _____ Zip _____

Head Coach(es) _____

Assistant Coach(es) _____

Phone - Day (_____) _____ Evening (_____) _____

We are staying at the _____ E-mail _____

Hotel where you will be staying

| | | | |
|---------------|----------------------|----------------------|----------------------|
| Open Women | _____ Swimmers | _____ Events | _____ Relays |
| Open Men | _____ Swimmers | _____ Events | _____ Relays |
| TOTALS | _____ Swimmers | _____ Events | _____ Relays |
| | <u> X \$3 </u> | <u> X \$3 </u> | <u> X \$6 </u> |
| | _____ | _____ | _____ |

TOTAL TEAM ENTRY FEES: _____

*Please make checks payable to: **FORT LAUDERDALE AQUATICS***



Fort Lauderdale Aquatics

2005 Florida Senior Circuit ORDER OF EVENTS

| WOMEN | | | | MEN | | |
|--|------------|---------|-----------|---------|------------|------------|
| FLSC Q-SCY | FLSC Q-LCM | EVENT # | EVENT | EVENT # | FLSC Q-LCM | FLSC Q-SCY |
| Session 1 - Friday, May 27, 2005 – 6:00 pm | | | | | | |
| 19:28.99 | 20:10.99 | 1 | 1500 FR* | | | |
| | | | 800 FR* | 2 | 9:51.89 | 10:44.39 |
| NTS | NTS | 3 | 200 M.R. | 4 | NTS | NTS |
| <i>*Women's 1500 FR & Men's 800 FR will be swum alternating women and men, fastest to slowest.</i> | | | | | | |
| Session 2 - Saturday, May 28, 2005 – 9:00 am | | | | | | |
| 34.89 | 39.69 | 5 | 50 BA | 6 | 35.39 | 31.79 |
| 2:09.29 | 2:24.49 | 7 | 200 FR | 8 | 2:12.79 | 1:57.69 |
| 1:18.89 | 1:30.79 | 9 | 100 BR | 10 | 1:20.49 | 1:11.09 |
| 1:06.59 | 1:14.89 | 11 | 100 FL | 12 | 1:07.39 | 1:00.59 |
| 5:02.99 | 5:49.49 | 13 | 400 IM** | 14 | 5:21.49 | 4:48.79 |
| NTS | NTS | 15 | 400 M.R. | 16 | NTS | NTS |
| <i>**400 IM will be swum slowest to fastest, fastest 3 heats of women, fastest 3 heats of men. All remaining heats will swim alternation women and men, fastest to slowest; after the relays.</i> | | | | | | |
| Session 3 - Saturday, May 28, 2005 – 4:30 pm | | | | | | |
| 39.39 | 45.29 | 17 | 50 BR | 18 | 40.19 | 35.49 |
| 1:09.89 | 1:19.49 | 19 | 100 BA | 20 | 1:10.89 | 1:03.59 |
| 2:28.09 | 2:44.89 | 21 | 200 IM | 22 | 2:30.19 | 2:15.69 |
| 28.39 | 31.89 | 23 | 50 FR | 24 | 28.69 | 25.29 |
| 5:34.99 | 4:55.89 | 25 | 400 FR*** | 26 | 4:41.19 | 5:09.89 |
| NTS | NTS | 27 | 400 F.R. | 28 | NTS | NTS |
| <i>***400 FR will be swum slowest to fastest, fastest 3 heats of women, fastest 3 heats of men. All remaining heats will swim alternation women and men, fastest to slowest; after the relays.</i> | | | | | | |
| Session 4 - Sunday, May 28, 2005 – 9:30 am | | | | | | |
| 2:25.69 | 2:45.99 | 29 | 200 FL | 30 | 2:31.99 | 2:13.59 |
| 1:00.79 | 1:08.19 | 31 | 100 FR | 32 | 1:01.99 | 54.79 |
| 2:49.69 | 3:13.39 | 33 | 200 BR | 34 | 2:57.79 | 2:35.09 |
| 33.29 | 37.39 | 35 | 50 FL | 36 | 33.69 | 30.29 |
| 2:29.19 | 2:48.19 | 37 | 200 BA | 38 | 2:32.99 | 2:15.59 |
| NTS | NTS | 39 | 200 F.R. | 40 | NTS | NTS |

There will be a 5 minute break before and after each relay event.